



30 Minute Almond Chicken by Minute® Rice



Gluten Free



Dairy Free



Low Fod Map

READY IN



45 min.

SERVINGS



4

CALORIES



547 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 0.3 cup almonds sliced
- ☐ 1.5 cups chicken broth
- ☐ 2 cups green beans trimmed halved
- ☐ 0.3 cup dressing italian
- ☐ 8 chicken thighs boneless skinless
- ☐ 1 cup rice white uncooked minute®

Equipment

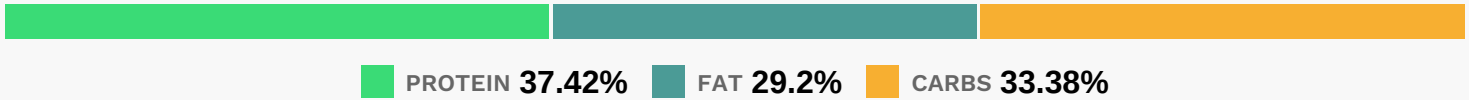
- ☐ frying pan

☐ ziploc bags

Directions

- ☐ Toss chicken with dressing in sealable plastic bag.
- ☐ Add chicken with dressing to large nonstick skillet on medium-high heat; cook 4 minutes on each side or until browned.
- ☐ Stir in broth; bring to boil. Cover and simmer 10 minutes.
- ☐ Add beans; cook 5 minutes or until chicken is cooked through (170 degrees F).
- ☐ Remove chicken from skillet.
- ☐ Add rice and almonds.
- ☐ Remove from heat; cover.
- ☐ Let stand 5 minutes.
- ☐ Serve chicken over rice mixture.

Nutrition Facts



Properties

Glycemic Index:29.3, Glycemic Load:23.42, Inflammation Score:-6, Nutrition Score:28.371304304703%

Flavonoids

Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg, Cyanidin: 0.22mg Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg, Catechin: 0.11mg Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg, Epigallocatechin: 0.23mg Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg, Epicatechin: 0.05mg Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg, Eriodictyol: 0.02mg Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg, Naringenin: 0.04mg Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg, Luteolin: 0.07mg Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg, Isorhamnetin: 0.24mg Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg, Kaempferol: 0.28mg Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg, Myricetin: 0.07mg Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg, Quercetin: 1.53mg

Nutrients (% of daily need)

Calories: 547.09kcal (27.35%), Fat: 17.46g (26.86%), Saturated Fat: 3.22g (20.14%), Carbohydrates: 44.91g (14.97%), Net Carbohydrates: 41.7g (15.16%), Sugar: 4.2g (4.67%), Cholesterol: 216.46mg (72.15%), Sodium: 679.63mg (29.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 50.35g (100.7%), Selenium: 59.4µg (84.86%), Vitamin

B3: 14.3mg (71.51%), Vitamin B6: 1.18mg (59.04%), Phosphorus: 545.42mg (54.54%), Manganese: 0.91mg (45.37%), Vitamin B2: 0.63mg (37.28%), Vitamin K: 38.48µg (36.64%), Vitamin B5: 3.35mg (33.55%), Zinc: 4.42mg (29.48%), Magnesium: 103.04mg (25.76%), Vitamin B12: 1.46µg (24.4%), Potassium: 816.65mg (23.33%), Vitamin E: 3.33mg (22.19%), Vitamin B1: 0.32mg (21.38%), Copper: 0.37mg (18.72%), Iron: 3.18mg (17.64%), Fiber: 3.2g (12.81%), Vitamin A: 440.88IU (8.82%), Folate: 34.82µg (8.71%), Calcium: 83.12mg (8.31%), Vitamin C: 6.77mg (8.2%)